

## **Medical Force Protection: "Eastern Canada"**

Medical Force Protection countermeasures required before, during, and after deployment to the "area" are as follows: (The preventive measures you need to take while traveling in Eastern Canada are similar to those that would apply while traveling in the United States.)

### **Major Threats**

Canada is a developed industrialized nation with good infrastructure. By virtue of its temperate climate and successful public health efforts, Canada has little or no indigenous transmission of serious human diseases. The most significant health threats are STDs including HIV and Tuberculosis. Mosquito and tick borne diseases exist, however biting arthropods are mainly a nuisance. The rural areas of Canada have bears, which run faster than humans and are deceptively powerful, and should be considered dangerous. In 2000 two rabid skunks were identified, but no human cases occurred.

### **Requirements before Deployment**

1. **Before Deploying report to Medical to:**
  - a. Ensure your Immunizations are up to date, no specific immunizations needed for area:
2. **Malaria Chemoprophylaxis: Not required.**
3. **Get HIV testing if not done in the past 12 months.**

### **Requirements during Deployment**

1. Wash hands before eating and after using toilet.
2. Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid travel at night if possible and always use seat belts.
3. Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
4. Don't share needles with anyone.
5. Use DEET and other personal protective measures against insects and other arthropod-borne diseases. Personal protective measures include but are not limited to proper wear of uniform and daily "buddy checks" in tick and mite infested areas.
6. Eliminate food/waste sources that attract pests in living areas.
7. Avoid contact with animals.

### **Requirements after Deployment**

1. Receive preventive medicine debriefing after deployment.
2. Seek medical care immediately if ill, especially with fever.
3. Get HIV and PPD testing as required by your medical department or Task Force Surgeon.